

# Exhibit 1





## A Smart Choice

Gorton's is committed to providing real, delicious seafood made with simple ingredients that you can feel good about. Enjoy our wide variety of smarter options that are big on taste and great for your active lifestyle.



For great meal ideas and special offers, visit [gortons.com](http://gortons.com) or [facebook.com/gortonsseafood](https://facebook.com/gortonsseafood)

### Cooking Directions UNCOOKED. KEEP FROZEN UNTIL READY TO COOK.

Remove fillets from pouch before cooking.

#### CONVENTIONAL OVEN:

##### 1. PREHEAT oven to 400°F



##### 2. ARRANGE seasoned side up on a metal baking pan



##### 3. BAKE 19-21 minutes\*



\*FULLY COOK FISH TO AN INTERNAL TEMPERATURE OF 145°F OR HIGHER BEFORE SERVING.  
**MICROWAVE OVEN: (1100 Watts)** Place fillets, seasoned side up, on a microwavable plate and cover loosely. Microwave 1 fillet on HIGH for 3 to 4½ minutes\* or 2 fillets for 5 to 7 minutes\*. Rotate plate during cooking. **Caution: Plate may be hot.** Important: Microwave wattages vary. Times are approximate.

## Nutrition Facts

2 servings per container  
Serving size 1 fillet (97g)

	Per serving 100	Per container 200
<b>Calories</b>	<b>100</b>	<b>200</b>
	% DV*	% DV*
<b>Total Fat</b>	4g 5%	8g 10%
<b>Saturated Fat</b>	1g 5%	1.5g 8%
<b>Trans Fat</b>	0g	0g
<b>Polysat. Fat</b>	1g	2g
<b>Monounsat. Fat</b>	2g	4g
<b>Cholesterol</b>	30mg 10%	55mg 18%
<b>Sodium</b>	160mg 7%	330mg 14%
<b>Total Carb.</b>	1g 0%	2g 1%
<b>Dietary Fiber</b>	0g 0%	0g 0%
<b>Total Sugars</b>	0g	0g
<b>Incl. Added Sugars</b>	0g 0%	0g 0%
<b>Protein</b>	15g 30%	31g 62%
<b>Vitamin D</b>	12mcg 60%	23mcg 120%
<b>Calcium</b>	11mg 0%	22mg 2%
<b>Iron</b>	0mg 0%	0mg 0%
<b>Potassium</b>	285mg 6%	569mg 10%
<b>Selenium</b>	13mcg 25%	25mcg 45%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

50mg of EPA and DHA Omega-3 fatty acids per serving

### Real Fish, Simple Ingredients



TILAPIA,  
a mild, white fish



INGREDIENTS: Tilapia fillets, sauce.

Tilapia fillets,  
Tilapia, water, salt.

#### Sauce

Water, canola oil, potato starch, sea salt, garlic powder, spices, dehydrated red bell pepper, paprika, onion powder, white, parsley, natural flavor.  
CONTAINS: TILAPIA, MILK.

**DISTRIBUTED BY GORTON'S  
GLOUCESTER, MA 01930**

Although great care is taken to remove bones, some may remain.

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Gorton's tests to ensure strict compliance with both Gorton's and Government quality and safety standards, including those for mercury.

Proof of Purchase



0 44400 18650 6

GRILLED  
SIGNATURE GRILLED

TILAPIA  
GRILLED



2  
FISH  
FILLETS



PROTEIN 15g  
CALORIES 100

NET WT. 20.9170

KEEP FROZEN  
SERVING SUGGESTION  
ENLARGED TO SHOW QUALITY

GORTON'S  
GRILLED  
TILAPIA  
SIGNATURE GRILLED

100% REAL FISH • SOURCED RESPONSIBLY  
MADE IN THE U.S. WITH DOMESTIC & IMPORTED INGREDIENTS  
Gorton's leads the industry in providing safe, high quality, responsibly sourced seafood.  
For more information visit [www.gortons.com/sustainability](http://www.gortons.com/sustainability)



GRILLED  
TILAPIA  
SIGNATURE GRILLED  
SEASONING MADE WITH NO GMO  
OR ARTIFICIAL INGREDIENTS  
SUSTAINABLY SOURCED

GORTON'S  
GRILLED  
TILAPIA  
SIGNATURE GRILLED

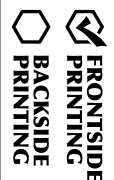


GORTON'S  
GRILLED  
TILAPIA  
SIGNATURE GRILLED

Questions? Comments? We value your feedback.  
CALL 1-800-222-6846 (Mon-Fri 8:30 am - 6:00 pm ET)  
or visit [www.gortons.com](http://www.gortons.com)  
(PLEASE SAVE THIS PACKAGE FOR REFERENCE)  
H5 1865 2485

### JOB INFORMATION

CUSTOMER: Gorton  
HB#: 0131-0661-A-045-E  
ITEM: H5-1865 MC# 2485 Grilled Tilapia-Signature Grilled (Text Revision as of 11/20/19 & 11/21/19 E-mails)  
DATE: 11/21/2019 09:33 am



CONTENT \_\_\_\_\_

TRAFFIC \_\_\_\_\_

PRE-PRESS \_\_\_\_\_

QUALITY \_\_\_\_\_

INK \_\_\_\_\_

PRINTING \_\_\_\_\_

NOTE: Spot Colors are represented as CMYK. Process Matches on proof only. For true representation of Spot Colors, see Ink Drawdowns for approval.

### COLOR LIST

Cyan	Magenta	Yellow	Black	PANTONE 3125C	PANTONE Reflex Blue C	PANTONE 917C
15°	75°	0°	45°	w/33%Black 15°	Blue C 45°	Yellow 75°

### TOOLING SEPARATIONS



### CUSTOMER APPROVAL

APPROVED

NOT APPROVED (SEE CHANGES)



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